



PARTICIPANT PROGRESS REPORT

PLAYER NAME: _____



BASEBALL CANADA | PARTICIPANT PROGRESS REPORT

PLACE
STICKER
HERE

LEVEL: ON DECK

FUNDAMENTAL MOVEMENT SKILLS • AGILITY

Jump over a line for 10 reps using your own type of jump

SUCCESS

THROWING

Able to throw a ball 5 feet in distance

RECEIVING

Able to catch a ball thrown from 5 feet

HITTING

Able to hit a ball off a batting tee

BASE RUNNING

Able to run around the bases in the correct direction without stopping

COMMENTS: _____

PLACE
STICKER
HERE

LEVEL: HOME PLATE

FUNDAMENTAL MOVEMENT SKILLS • BALANCE

Stay in the pitching position for 5 seconds on both sides

SUCCESS

THROWING

Able to throw 3-of-5 balls to a coach from 10 feet in distance

RECEIVING

Able to field 3-of-5 ground balls rolled from 15 feet

HITTING

Able to hit 3-of-5 fair balls off a batting tee

BASE RUNNING

Able to hit off a batting tee and run through 1st base

COMMENTS: _____

PLACE
STICKER
HERE

LEVEL: SINGLE

FUNDAMENTAL MOVEMENT SKILLS • COORDINATION

Perform 10 Jumping Jacks without stopping

SUCCESS

THROWING

Able to throw the ball 25 feet in distance without hitting the ground

RECEIVING

Able to catch 3-of-5 fly balls from 15 feet in height

HITTING

Able to hit 3-of-5 fair balls from an underhand throw

BASE RUNNING

Able to run two bases and stop at the second base

COMMENTS: _____

PLACE
STICKER
HERE

LEVEL: DOUBLE

FUNDAMENTAL MOVEMENT SKILLS • AGILITY

Able to touch six cones placed in a star shape while always looking forward

SUCCESS

THROWING

Able to throw 3-of-5 balls to a coach from 25 feet in distance

RECEIVING

Able to field 3-of-5 grounders to the right and 3-of-5 grounders to the left (game distance)

HITTING

Able to hit 3-of-5 balls from an underhand throw passed the base paths, rolling or in the air

BASE RUNNING

Able to run 20 feet followed by a feet first slide (on grass, no bases)

COMMENTS: _____

PLACE
STICKER
HERE

LEVEL: TRIPLE

FUNDAMENTAL MOVEMENT SKILLS • BALANCE

Squat like a catcher and perform 5 squat jumps to the right and 5 to the left

SUCCESS

THROWING

Able to throw the ball 50 feet in distance without hitting the ground

RECEIVING

Able to catch 3-of-5 fly balls to the right and 3-of-5 flyballs to the left (5-10 feet left and right) at 15 feet height.

HITTING

Able to hit 3-of-5 fair balls from an underhand throw at least 75 feet in distance, rolling or in the air

BASE RUNNING

Able to run to a base and perform correct sliding technique at the base

COMMENTS: _____

PLACE
STICKER
HERE

LEVEL: HOME RUN

FUNDAMENTAL MOVEMENT SKILLS • COORDINATION

Juggle two balls with two hands for five seconds using transfer or cross method

SUCCESS

THROWING

From fielding position, athlete can throw 3-of-5 balls to 1st base from shortstop position

RECEIVING

Able to catch a total of 13-of-15 balls out of five grounders, five fly balls, and five balls thrown by a partner from distance of 15 feet

HITTING

Able to hit 3-of-5 fair balls from machine (44 feet and 42-43 mph) or overhand

BASE RUNNING

Able to run two bases and slide at the last base

COMMENTS: _____